



advice and support for older age

**Independent
Age**

Free guides for older people

Our advice guides are packed
with useful information

Call
freephone
0800 319 6789
for your
free guides



About Independent Age

Whatever happens as we get older, we all want to remain independent and live life on our own terms. That's why, as well as offering helpful, friendly contact and a strong campaigning voice, Independent Age can provide you and your family with care, free and impartial advice on the issues that matter: care and support, money and benefits, health and mobility. We're Independent so you can be.

A charity founded over 100 years ago, the most information you can be:

www.independentage.org
Speak to one of our advisors for free and confidential advice and information. Lines are open from 9am, Monday to Friday, and from 10am to 5pm, Saturday and Sunday. Telephone 0800 319 6789 or email advice@independentage.org

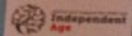


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Age**

independentage.org
0800 319 6789

How to find the right care home

Where to start and
what to consider



Our free guides are full of information to help you boost your income, find the care you need, remain independent, choose the right place to live, stay connected, and more.

Money



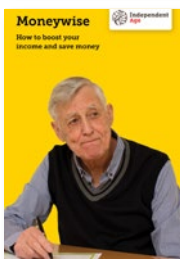
Attendance Allowance

- who can get it and how to apply
- what you could get



Council Tax

- discounts and exemptions
- Council Tax Support



Moneywise

- tips on saving money
- benefits and entitlements you could claim



Paying for your care

- ways to fund your care at home or in a care home
- what to do if your finances change



Pension Credit

- who can get it and how to apply
- what you could get



Scamwise

- how to spot, avoid and report scams
- what to do if you fall victim

Health and care



Caring for someone

- getting a carer's assessment
- practical and financial help



Getting help at home

- getting help with household chores, day-to-day activities or personal care
- ways to stay connected at home



How to find the right care home

- where to start and how to find the information you need
- how to choose the home that's best for you



Living well with long-term health conditions

- ways to help yourself
- getting the most out of medical appointments



Planning for the end of life

- thinking about your future treatment and care
- your funeral choices



Settling into a care home

- how to help the move go smoothly
- things to do when you move in



Staying in control when you're older

- how to avoid being mistreated
- what to do if it happens



Summer wise

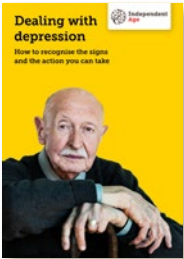
- your health in hot weather
- ways to plan ahead



Winter wise

- tips for staying healthy in cold weather
- winter entitlements, including Winter Fuel Payments

Mental health



Dealing with depression

- recognising the signs
- when and where to look for help



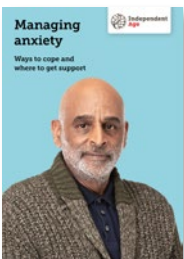
Coping with alcohol and drug misuse

- signs that you have a problem and how it might affect you
- where to get support



Hoarding

- what hoarding is and possible consequences
- ways to help yourself or someone you're worried about



Managing anxiety

- recognising the signs and how it can make you feel
- ways to cope and where to get support

Personal life



Behind the wheel

- ways to stay safe and boost your confidence
- your options if it's time to stop driving



Coping with bereavement

- how you might be feeling after the death of someone close
- where to look for support



If you're feeling lonely

- how to stay happy and connected
- where to find support and companionship

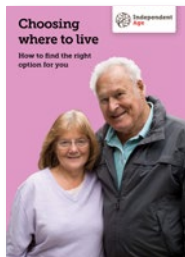


Your guide to a stress-free Christmas

- budgeting
- dealing with loneliness
- celebrating with someone with dementia

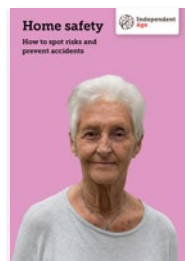
Join our Readers' Panel. It's your chance to tell us what you think of our publications. Visit independentage.org/readers-panel or call 0800 319 6789 for more information.

Housing guides



Choosing where to live

- how to decide where and when to move
- different housing options available, from downsizing to care homes



Home safety

- identifying hazards in your home
- avoiding falls



Home security

- ways to avoid burglary and other crimes
- keeping your home safe if you're going away



Sheltered housing and extra care housing

- the different types of retirement housing
- how to choose a scheme and get help with costs

To order your free guides, call **0800 319 6789** or read and download them at **[independentage.org/adviceguides](https://www.independentage.org/adviceguides)**

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For more information, visit our website
independentage.org

**Large print and audio versions are also available.
Call 0800 319 6789 to order your free copies.**

Helpline 0800 319 6789

Call us for information or to arrange free, impartial advice from an adviser. Lines are open 8.30am – 6.30pm Monday to Friday or email
advice@independentage.org



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